



1. Workplace Wellness: Our Choose Your Life pilot bilingual program for regional agriculture workers is offered during their workday to improve wellness and nutrition choices of parents and caregivers. This is funded by a grant from the Monterey County Health Department/STEPS and implemented in partnership between HELP and United Way/Success by Six. Salinas based companies set to date include: Chieftain Harvesting, Mc Cormick-Schilling and Ocean Mist. Grant is anticipated to be renewed for three years and program expanded to companies throughout Monterey County. Programs like this in other counties have proven to help reduce employee absenteeism due to health problems and reduce health care costs of company.

2. Annual Obesity Summit: Our January 2005 HELP Summit held at Cal State Monterey Bay was attended by over 200 regional Tri-county leaders in government, education, nonprofit organizations and health care. Partner agencies who contributed services included: Monterey County Health Department, CSUMB Farm to School Partnership, Monterey County Office of Education, American Heart Association, United Way, SunRidge Farms, Mills Family Farms and Earthbound Farms. Over 19 noted speakers from around the State informed regional decision makers about the facts concerning the American obesity epidemic and potential solutions. (Find out more about the January 2005 Summit at the [Helpunited.org](http://Helpunited.org) website.) HELP will hold its 2<sup>nd</sup> Annual Obesity Summit at CSUMB on October 25, 2005 on the theme of regional Wellness Councils and Policies.

3. Annual October Agri-Cultures Festival: This follow up to last year's HELP Ag Pavilion at the KION/KCBA Kifest will celebrate the history of our agriculture industry with arts, crafts and live performances from nations of the multicultural workforce who came here to grow the industry and stayed on to build our communities, e.g.-Mexican, Chinese, Philippine, Japanese, Italian, Dust Bowl Émigrés. The October 8<sup>th</sup> and 9<sup>th</sup> Event at the Monterey County Fairgrounds pays tribute to our region's cultural diversity and also focuses on nutrition and ag education for families. Agri-Cultures Festival will feature healthy Flavors of the World ethnic food booths, diabetes testing mobile, and history of veggies from different nations as well as Agriculture Company History Booths. Festival is attended by 40,000 middle to low income family members, mostly Hispanic, over two days. 2005 event is sponsored to date by Mills Family Farms, Ocean Mist, Mann Packing, Church Brothers' Produce and the Salinas Rotary. The Event will also be produced in partnership with the k-8 International School of Monterey involving their students in creation of ag history booths, food preparation, and live performances.

4. HELP Monterey County Wellness Policy Parity Program: Program provides 16 Monterey County Districts with a variety of wellness policy implementation materials, nutrition and physical activity programs and externally funded human resources provided to schools FREE of charge by HELP and its many partners. Program is designed to assist school districts reach a Federal (unfunded) Mandate